

Amendments to the Claims

This listing of the claims replaces all prior versions and listing of the claims in the present application.

Listing of Claims

1. (currently amended) Exercising device that comprises:

a first strap (1)[[,]]; ;

loops (3,7) attached to the first strap (1), at least one of the loops (3,7) having a length/circumference in the interval 110-180 cm to extend around a waist of a user; [[and]]

~~an anchorage means (11)~~ a shackle that is adapted to be fixed to a base, ~~said anchorage means (11) being designed to receive the first strap (1)~~ and through which said first strap runs in such a way that the first strap (1) is displaceable in its longitudinal direction relative to the shackle, the shackle having at least one rod on which said first strap is longitudinally displaceable during operation of the exercising device when said first strap is carrying the counterweight of a user pulling on said loops; and anchorage means (11),

~~wherein at least one of the loops (3,7) has a length/circumference in the interval 110-180 cm,~~

~~and that~~ tubular handles (10) ~~[[are]]~~ mounted on the loops (3,7) and displaceable relative to the loops (3,7), ~~[[and]]~~

wherein said at least one of the loops (3,7) have comprises a second strap that has a larger width than an internal diameter of the tubular handles (10) so that one said tubular handle on said at least one loop maintains a position on said second strap to which said one tubular handle has been displaced when said at least one loop extends around a waist of a user.

2. (canceled)

3. (currently amended) Exercising device according to claim 1, ~~wherein the anchorage means (11) comprises~~ further comprising a sheet-shaped carrier (16) to which the shackle is attached, a pocket (19) integrated with the carrier (16) and a rod shaped element (18) that is adapted to be mounted in the pocket (19).

4. (previously presented) Exercising device according to claim 1, wherein at least one said loop (7) is connected to the first strap (1) by means of a buckle (9).

5. (previously presented) Exercising device according to claim 1, further comprising an anti-slip mat (20) for user to stand upon when using the exercising device.

6. (canceled)

7. (currently amended) Exercising device according to claim [[6]] 1, wherein the ~~shackle (112) comprises at least one screw (114A) that~~ rod carries a sleeve (121).

8. (currently amended) Exercising device according to claim [[7]] 1, wherein the shackle (112) comprises three ~~screws~~

~~(114A, 114B, 114C) that each carries a sleeve (121) rods that~~
each selectively carries said first strap to vary a resistance to
the longitudinal displacement of said first strap through said
shackle.

9-11. (canceled)

12. (previously presented) Exercising device according to claim 3, further comprising an anti-slip mat (20) for user to stand upon when using the exercising device.

13. (previously presented) Exercising device according to claim 4, further comprising an anti-slip mat (20) for user to stand upon when using the exercising device.

14-17. (canceled)

18. (new) Exercising device according to claim 7, wherein said sleeve is rotatably mounted on said rod.

19. (new) Exercising device according to claim 8, wherein at least one of the rods has a sleeve rotatably mounted thereon.

20. (new) Exercising device according to claim 8, wherein the shackle includes a U-shaped member and the three rods are arranged at corners of a triangle when viewed in a side view, with a base of the triangle being perpendicular to a plane of the U-shaped member and facing a closed end thereof.

21. (new) Exercising device according to claim 1, further comprising a friction-setting coating on said rod.

22. (new) Exercising device according to claim 3, wherein said sheet-shaped carrier has a length that extends beyond said shackle so that said shackle rests on said sheet-shaped carrier.

23. (new) An exercising device comprising:

a first strap (1) having a length of 250-350 cm;

a first loop (3) attached to said first strap;

a second loop (7) attached to said first strap remote from said first loop, said second loop being attached to said first strap with a buckle (9) that selectively sets a position of attachment of said second loop to said first strap, said second loop having a length of 110-180 cm to extend around a waist of a user;

a sheet-shaped carrier (16) having a pocket (19) and a part (18) insertable into said pocket that increases a dimension of said carrier to selectively hold said carrier on a base;

a shackle (12) attached to said carrier, said shackle being shorter than said carrier so that said shackle rests on said carrier, said shackle carrying a rod (14) having a strap-carrying surface on which said first strap is longitudinally displaceable during operation of the exercising device when said first strap is carrying the counterweight of a user pulling on said first and second loops; and

first and second tubular handles (10) longitudinally displaceable on respective ones of said first and second loops,

said second loop comprising a portion that has a width larger than an internal diameter of said second tubular handle so that said second tubular handle maintains a position on said portion to which said second tubular handle has been displaced when said second loop extends around a waist of a user.

24. (new) The exercising device of claim 23, wherein said shackle comprise three rods that each selectively carries said first strap to vary a resistance to the longitudinal displacement of said first strap through said shackle.

25. (new) The exercising device of claim 23, further comprising a friction-setting coating on said rod.

26. (new) The exercising device of claim 23, further comprising a rotatable sleeve on said rod.